

Logan Hyperdome Chiropractic Centre

ADVANCED HEALING WORKSHOP

February 2014

The Exercise Workshop

A Strong and resilient spine and body are created and maintained by your personal choices, commitment and self-discipline.

1. Healthy Spine and Nervous System - Regular Chiropractic Adjustments.
2. Regular & varied exercise.
3. Optimal nutrition.
4. Low stress lifestyle.

"Proper stretching, weight training and endurance exercise performed with a focus on core muscle tone, postural alignment and proper breathing practice will take care of 90% of your exercise needs."

Dr John

How Much?

- 30 minutes a day or more on most or preferably all days. (Nat Govt. Guidelines).
- For significant weight loss 60-90 minutes of moderate to vigorous exercise a day on most or preferably all days.
- For greater benefits...3-4 vigorous sessions of at least 20-30 minutes a time.

Summary

- The more exercise the better but even a little is beneficial.
- Some high intensity exercise combined with a moderate intensity program may be optimal.
- Choose 3 exercises, one from each of the 3 categories (next page) and stick to them. You can change every now and then for variety.

Ten Key Exercises.

1. **Knee-chest stretch.** Corrects sway back, stretches lumbar muscles, opens out narrowed disc spaces and the holes where the nerves exit.
2. Strengthen your **abdominal muscles.** 'Crunches' are best as they put less strain on the spine. Vital for a strong low back.
3. **Core strengthening.** 3x 10 second 'holds' lying, sitting, standing 3x day. Cat-camel, crunches/curl-ups, bird dog with leg extension.
4. **Push-ups** are another powerful core and upper body strength exercise. Start on knees and work up to one finger push-ups!
5. **Neck full range of motion stretch.** A healthy neck function and alignment is important for overall health.
6. **Head-hang over the end of the bed** for 1-2 mins+ a day. Observation: >80% of subluxated necks are 'military', forward shift or reversed.
7. **Walk, cycle or run 30 mins+ a day on 5+ days of the week.** Aerobic fitness is essential for overall health and well-being.
8. **Join a gym or buy some weights.** Improving muscle strength improves a wide range of health/illness markers and reduces chances of diseases like osteoporosis and diabetes.
9. **Move every joint until it gets tired.** Begin at fingers and work through to toes. A good one for the morning, just after waking up. Good for waking up your body and mind. Good for arthritics.
10. **Practice proper breathing.** Healthy breathing is neither too deep nor too shallow. 4-2-4 beats per in-rest-out cycle. 2 beats hold/rest between. If stressed practise the '**sigh breath**': breathe out for twice the length of time of the in-breath. 3-6 or 4-8 for example.

High Intensity Training

As reported by Michael Mosely in a BBC report, Feb 28th 2012, it is gaining acceptance and popularity.

<http://www.bbc.co.uk/news/health-17177251>

HIT can change your genes and help normalize your blood sugar metabolizing (diabetes.)

Can be done with virtually any exercise or machine - walking, running, exercise bike, elliptical-cross training machine.

Four minutes 2-3 times a week is reasonable. The key is intensity.

1. Warm up for three minute.
2. Exercise as hard and fast as you can for 30 seconds. You should be gasping for breath and feel like you couldn't possibly go on another few seconds. It is better to use lower resistance and higher repetitions to increase your heart rate.
3. Recover for 90 seconds, still moving, but at slower pace and decreased resistance.
4. Repeat the high intensity exercise and recovery 7 more times.